

Learn Muay Thai Martial Art In Melbourne Within No Time

Muay Thai is a sport and martial art that is known for its simplicity, powerful stand up striking techniques, and efficiency. Practicing Muay Thai kickboxing assists individuals in becoming fitter, more confident, as well as enhancing their co-ordination, and is also known as one of the highest calorie burning exercises. Therefore training in this discipline can assist someone to lose weight, become toned, as well as to maintain a healthy weight and lifestyle. Research suggests that practising this form of martial art, with the assistance of a professional coach or trainer, can facilitate the burning of up to 1,000 calories per hour.



Some individuals enjoy learning Muay Thai so much that they decide to compete in the sport at novice, amateur, or professional levels. This can be an effective way of testing out the techniques and skills learned during training in a manner that challenges oneself, and can lead to increased understanding of one's strengths and weaknesses as a fighter. For anyone wanting to compete in Muay Thai it is of utmost importance that they are aware of, and abide by, the rules of the sport. It is also helpful to have an understanding of how judges delegate points. An awareness of what techniques and counters score will assist the competitor to formulate a game plan and respond intelligently to their opponent's strikes.



When competing in [Muay Thai In Melbourne](#) it is crucial to know what constitutes a foul. If the athlete intentionally performs any of the following behaviours it would be considered a foul and points would be deducted: biting, poking the opponent in the eye or spitting on them, sticking out their tongue, head butting, using Judo throws and wrestling techniques, falling or striking a fallen competitor or someone who is trying to get up, holding onto the rope, failing to listen to the referee's requests, striking the groin area, as well as leg catching and then pushing forward for more than two steps without striking. Competitors can score points by striking their opponent with punches, kicks, knees, and elbows, in a manner that is accurate, powerful, and unblocked. The participant who lands the most Muay Thai strikes; uses heavier, more accurate and powerful techniques; demonstrates a better style of strikes; utilises more defences; and causes the opponent more physical exhaustion due to the use of Muay Thai weapons, will be awarded the higher score for the match. Alternatively, the martial artist may win via knockout (KO) or technical knockout (TKO), when the referee calls an end to the fight due to a competitor's inability to continue protecting themselves. More information on fouls and scoring in Muay Thai can be found on the Muay Thai Australia website.